

I CLAIM:

1. A wrist brace comprising in combination
 - a) a flexible holder to receive the user's wrist and having two flaps adapted to be closed toward one another or toward the wrist to secure the holder about the wrist of the user,
 - b) a carrier associated with one flap;
 - c) tightening straps associated with said carrier, said straps having ends anchored by said carrier,
 - d) loops on the other flap to pass said straps,
 - e) the straps and carrier having connective material thereon whereby the straps can be pulled and tightened after passing through said loops, to adjustably press-together on the connective material on the carrier.
2. The combination of claim 1 wherein said carrier is adjustably supported by said one flap.

3. The combination of claim 1 wherein said straps have ends anchored by said carrier.

4. The combination of claim 3 wherein the anchored ends of the said straps are attached to said carrier at locations spaced along the length of said carrier.

5. The combination of claim 4 wherein said loops are in lengthwise alignment.

6. The combination of claim 1 including at least one stiffener carried by a flap and extending lengthwise to extend beneath all three straps.

7. The combination of claim 1 including at least two stiffeners carried by the holder, and extending lengthwise thereof, said stiffeners spaced apart about a wrist reception zone, whereby flexible holder zones are defined between or proximate to the stiffeners.

8. The combination of claim 7 wherein said stiffeners are metallic.

9. The combination of claim 7 wherein there are at least of said stiffeners, there being cushioning material underlying said stiffeners, to cushion tightening of the brace about the user's wrist.

10. The combination of claim 1 including a flexible auxiliary strap connected to the holder to be adjustably folded over a zone between the user's thumb and forefinger, for adjustable connection to the holder, for firmly attaching the holder in lengthwise position on the wrist.

11. The combination of claim 10 wherein the auxiliary strap also carries connective material which press attaches to said connective material on the holder.

12. The combination of claim 11 wherein there are three of said tightening straps positioned in spaced relation to the auxiliary strap, when said auxiliary strap is adjustably connected to said connective material on the holder.

13. The combination of claim 1 wherein the flexible holder has U-shape cross-section.

14. The combination of claim 10 including a second auxiliary strap carried by the holder to be wrapped about the user's thumb projecting from the holder, and fastened in support position.

15. The combination of claim 6 wherein said stiffener is bowed, lengthwise, and retained in a pocket defined by the holder, in inserted position.

16. A wrist brace comprising a C-shaped holder consisting of flexible sheet material, the holder sized to fit about the wrist, there being multiple stiffeners received in pockets on the holder and extending lengthwise of the holder, and cushioning pads carried by the holder inwardly of the stiffeners, the holder defining flexible zones between successive stiffeners and associated pockets, and retention straps carried by an adjustable carrier flap on the holder to wrap about the pockets and flexible zones for retaining the holder and stiffeners in affixed and adjusted condition to the wrist of the user.

17. The brace of claim 16 including a first auxiliary strap carried by the holder to extend over the region between the user's thumb and forefingers, and fasten to the holder.

18. The brace of claim 17 including a second auxiliary strap carried by the holder to wrap about the user's thumb projecting through a side opening in the holder.

19. The brace of claim 16 whereas there are at least three of said retention straps, and including retention loops carried by the holder to receive said retention straps.

20. The brace of claim 1 including a stretchable protective web interconnecting free end portions of the flaps.

21. The method of using a wrist brace that includes

- i) providing the brace of claim 16, and
- ii) selectively removing or adding one or more of the stiffeners from or to their associated pockets, to obtain best fit to the user's wrist when the brace is in attached position,
- iii) the retention straps being wrapped about the remaining stiffeners.